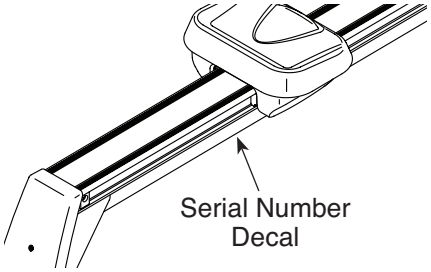
PRO-FORM® 440R

www.proform.com

Model No. PFRW3914.0
Serial No. _____

Write the serial number in the space above for reference.



ACTIVATE YOUR WARRANTY

To activate your warranty today, go to www.proformservice.com/registration.

CUSTOMER CARE

For service at any time, go to www.proformservice.com.

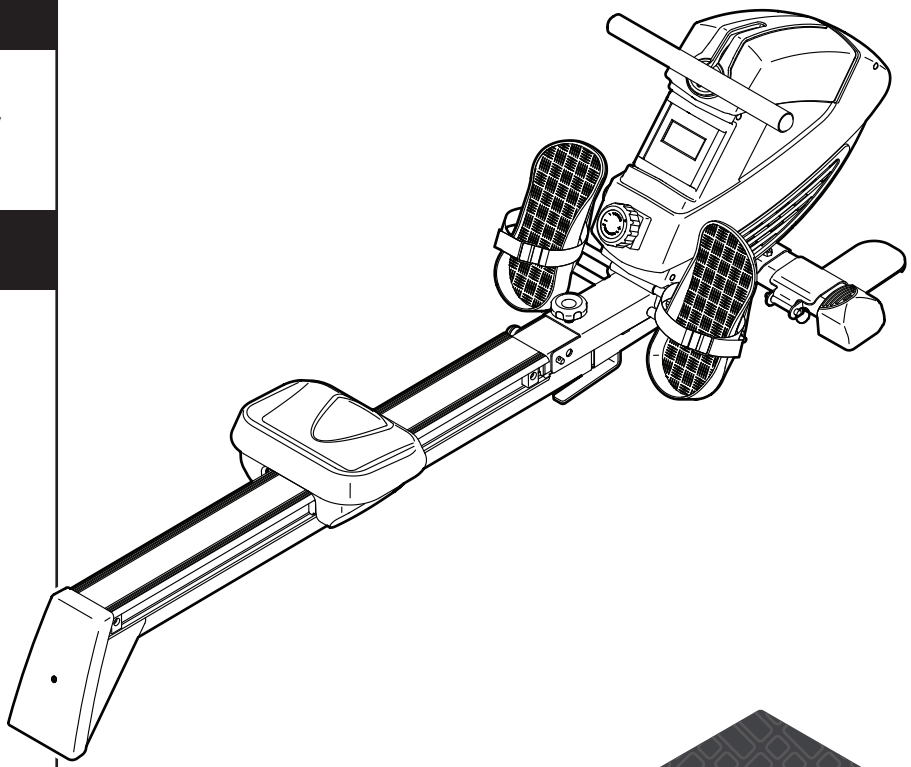
Or call 1-888-533-1333
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–12 p.m. MT

Please do not contact the store.

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



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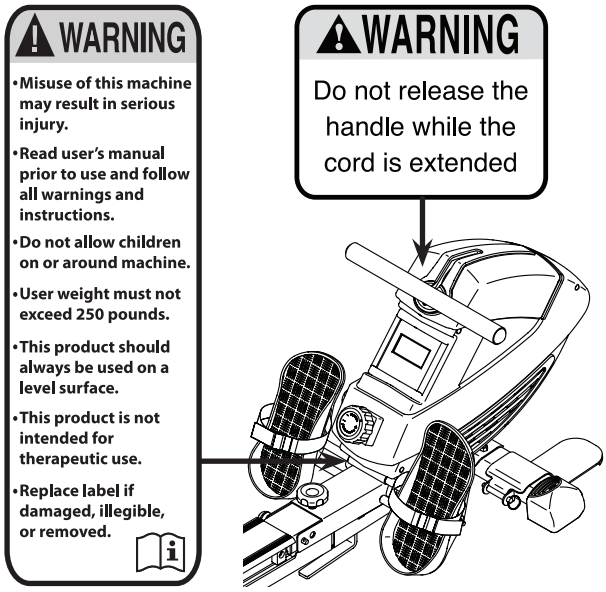
WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.


WARNING
•Misuse of this machine may result in serious injury.
•Read user's manual prior to use and follow all warnings and instructions.
•Do not allow children on or around machine.
•User weight must not exceed 250 pounds.
•This product should always be used on a level surface.
•This product is not intended for therapeutic use.
•Replace label if damaged, illegible, or removed.
WARNING
Do not release the handle while the cord is extended

PROFORM is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your rower before using your rower. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. **It is the responsibility of the owner to ensure that all users of the rower are adequately informed of all precautions.**
2. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
3. **Use the rower only as described in this manual.**
4. **The rower is intended for home use only. Do not use the rower in a commercial, rental, or institutional setting.**
5. **Keep the rower indoors, away from moisture and dust. Do not put the rower in a garage or covered patio, or near water.**
6. **Place the rower on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around the rower.**
7. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
8. **Keep children under age 12 and pets away from the rower at all times.**
9. **Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the rower. Always wear athletic shoes for foot protection.**
10. **The rower should not be used by persons weighing more than 250 lbs. (113 kg).**
11. **Always keep your back straight while using the rower; do not arch your back.**
12. **Do not release the row bar while the cord is extended.**
13. **Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.**

PROTECT

YOUR FITNESS EQUIPMENT WITH AN EXTENDED SERVICE PLAN

Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

PREVENTIVE MAINTENANCE SERVICE PLANS

Equipment Price	3-Year Plan	5-Year Plan
$0.00 to $1000.00	$199.99	$289.99
$1001.00 to $1500.00	$259.99	$379.99
$1501.00 to $2500.00	$339.99	$489.99
(Bikes/Systems Only) $0.00 to $2500.00	$139.99	NA

Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

STANDARD SERVICE PLANS

Equipment Price	1-Year Plan	2-Year Plan	3-Year Plan
$0.00 to $300.00	$29.99	$39.99	$59.99
$301.00 to $1000.00	$89.99	$119.99	$149.99
$1001.00 to $2000.00	$109.99	$139.99	$179.99
$2001.00 to $3000.00	$179.99	$209.99	$239.99

Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 3 years of coverage available

To protect your fitness equipment today, please call Customer Care at 1-800-677-3838.
Or, visit us online at www.utserv.com.

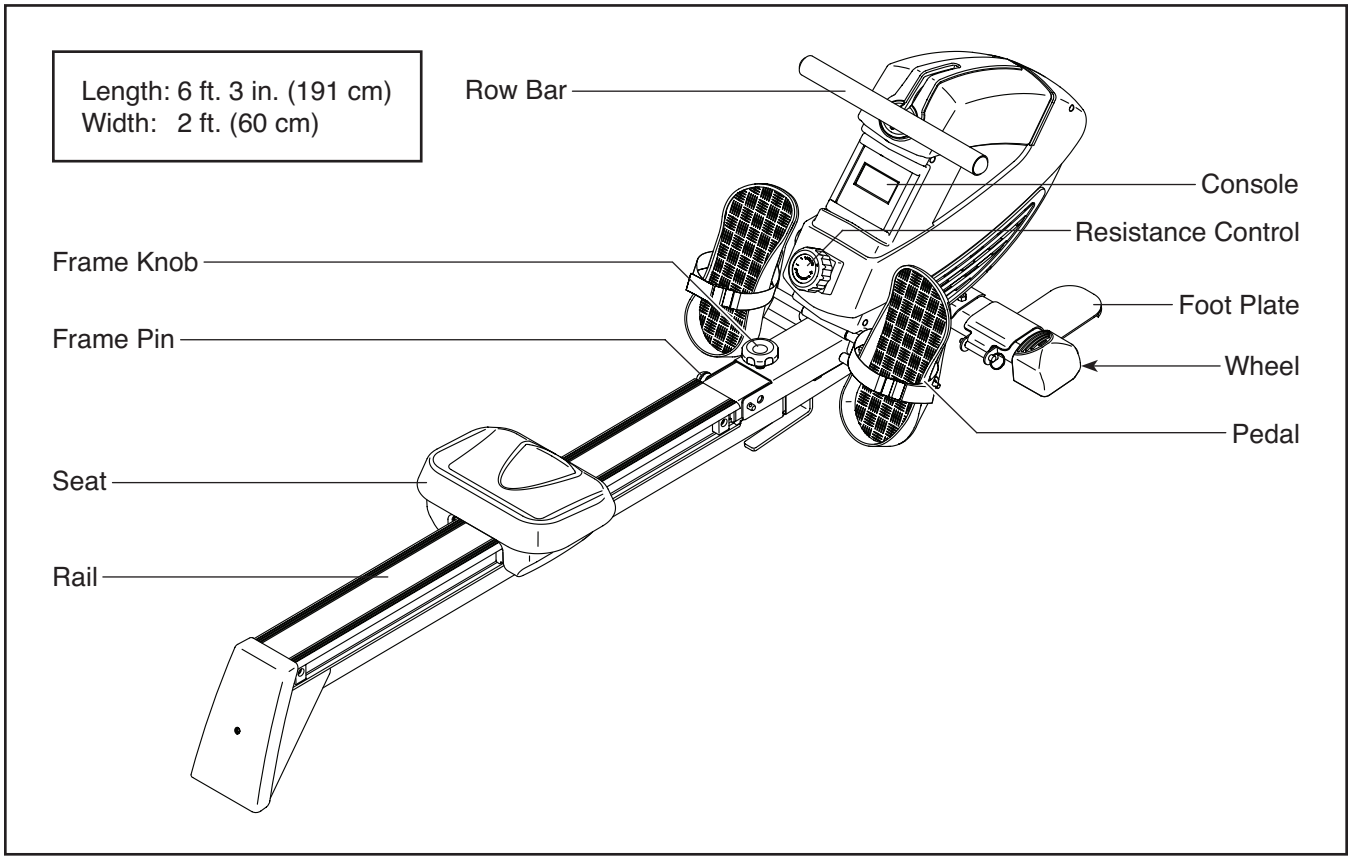
UTS
UNIVERSAL TECHNICAL SERVICES

BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® 440 R rower. Rowing is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The 440 R rower is designed to let you enjoy this effective exercise in the convenience and privacy of your home.

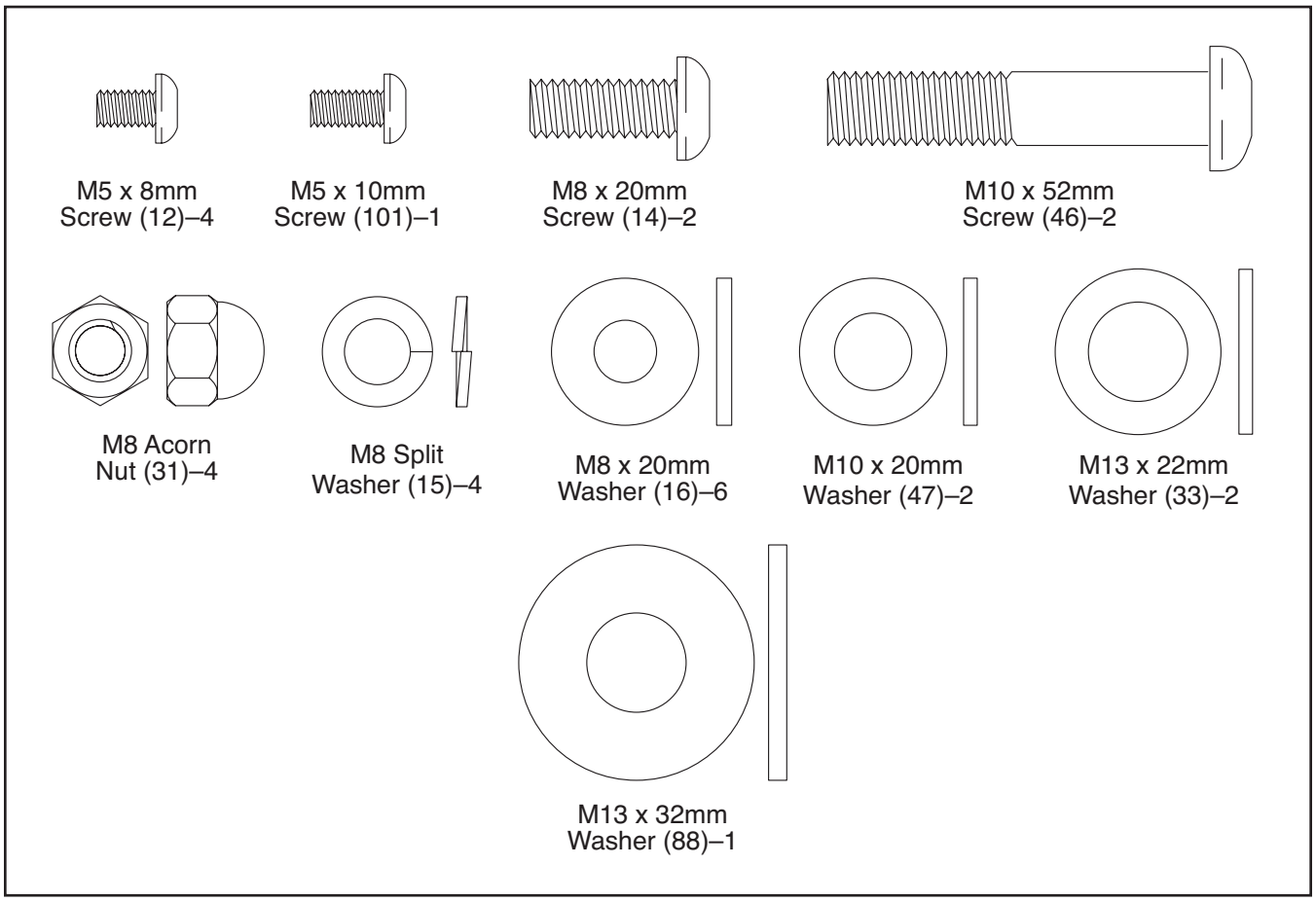
For your benefit, read this manual carefully before you use the rower. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.



PART IDENTIFICATION CHART

Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**



ASSEMBLY

- To hire an authorized service technician to assemble this product, call 1-800-445-2480.
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- To identify small parts, see page 6.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- Assembly requires only the included tools.

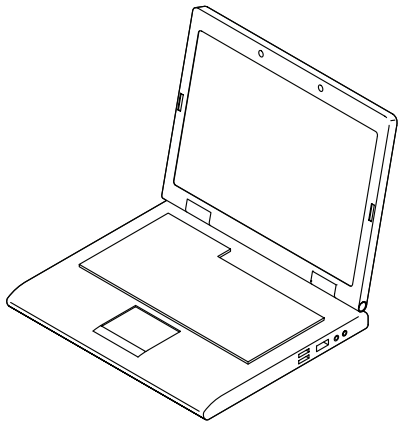
  Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. **Go to www.proformservice.com/registration on your computer and register your product.**

   - activates your warranty
   - saves you time if you ever need to contact Customer Care
   - allows us to notify you of upgrades and offers

   Note: If you do not have Internet access, call Customer Care (see the front cover of this manual) and register your product.

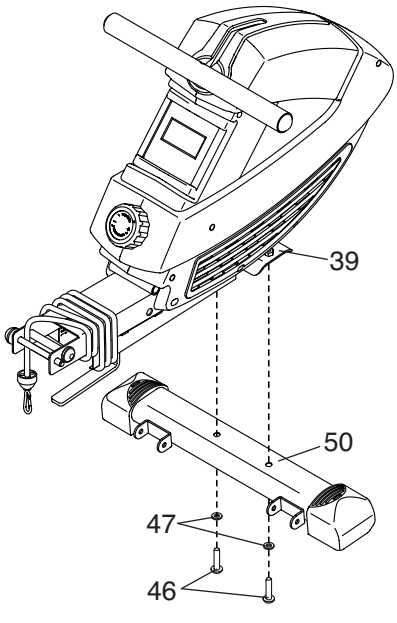
1



2. Orient the Front Stabilizer (50) as shown.

   Attach the Front Stabilizer (50) to the Frame (39) with two M10 x 52mm Screws (46) and two M10 x 20mm Washers (47).

2

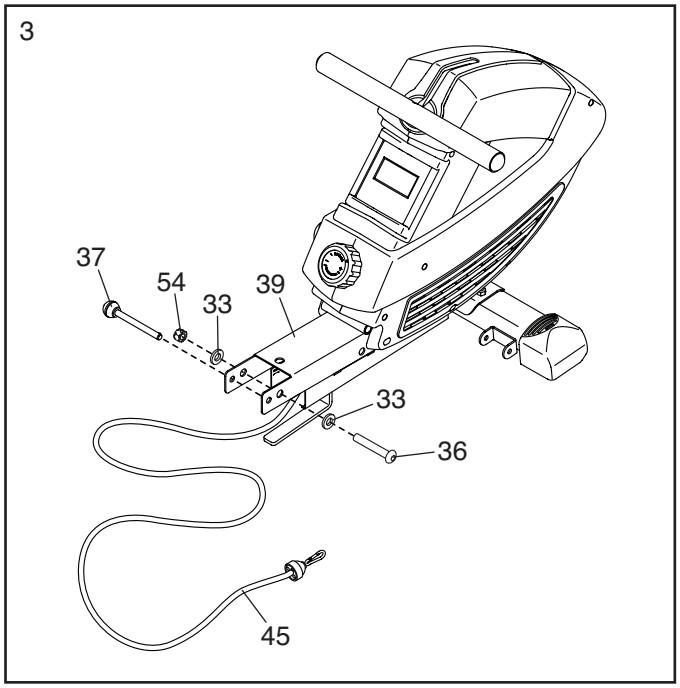


3. Remove the Frame Pin (37) from the Frame (39).

   Next, unwrap the Bungee Cord (45) from the Frame (39).

   Then, remove the 1/2" Locknut (54), the two M13 x 22mm Washers (33), and the 1/2" x 100mm Bolt (36) from the Frame (39).

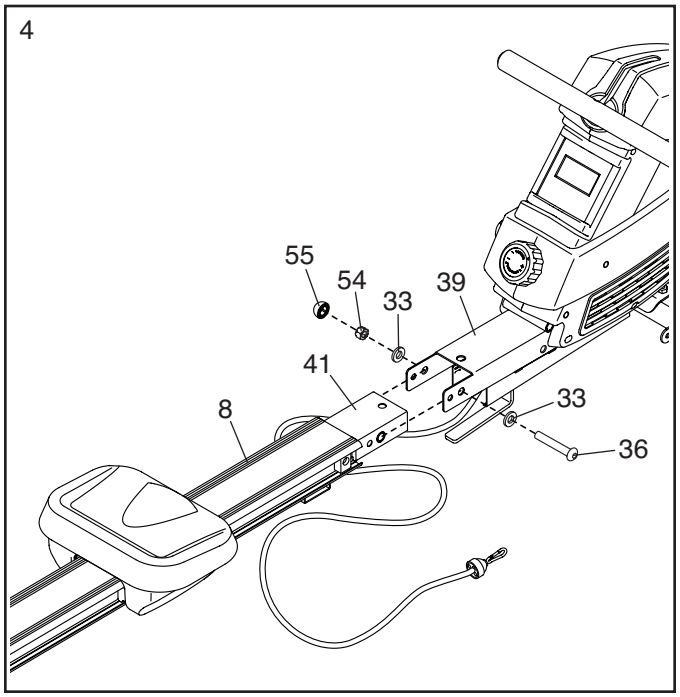
   Note: The parts that you removed will be used in steps 4 and 5.



4. Orient the Rail (8) as shown.

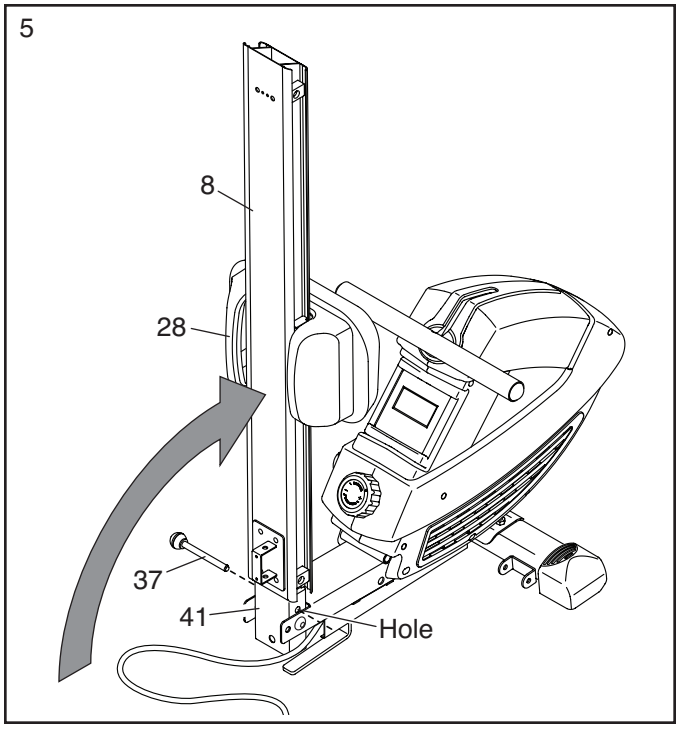
   Attach the Rail Bracket (41) to the Frame (39) with the 1/2" x 100mm Bolt (36), the two M13 x 22mm Washers (33), and the 1/2" Locknut (54) that you removed in step 3.

   Then, press the Nut Cap (55) onto the 1/2" Locknut (54).

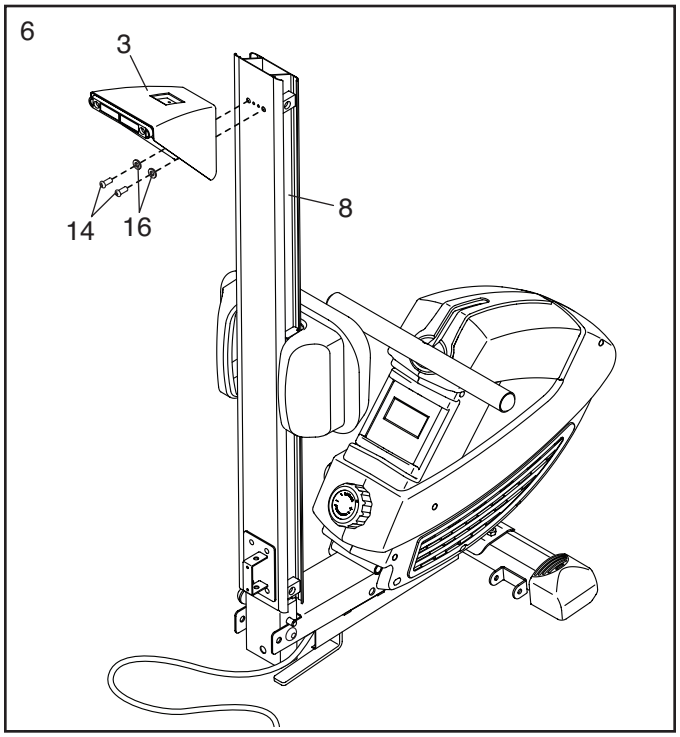


5. Move the Seat (28) to the front of the Rail (8).

   Have a second person raise the Rail (8) to the vertical position. Fully insert the Frame Pin (37) into the indicated hole in the Rail Bracket (41) so that it holds the Rail in place.

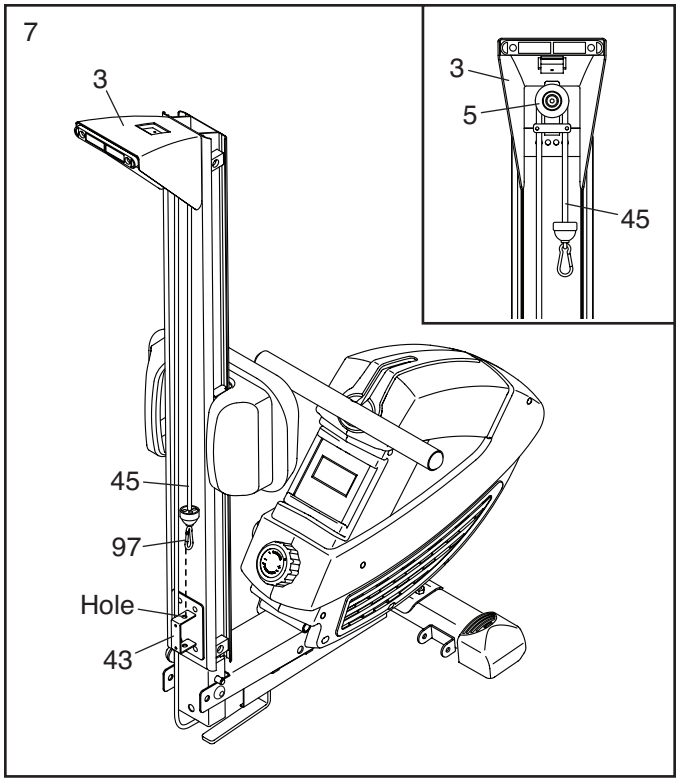


6. Attach the Rear Stabilizer (3) to the Rail (8) with two M8 x 20mm Screws (14) and two M8 x 20mm Washers (16).

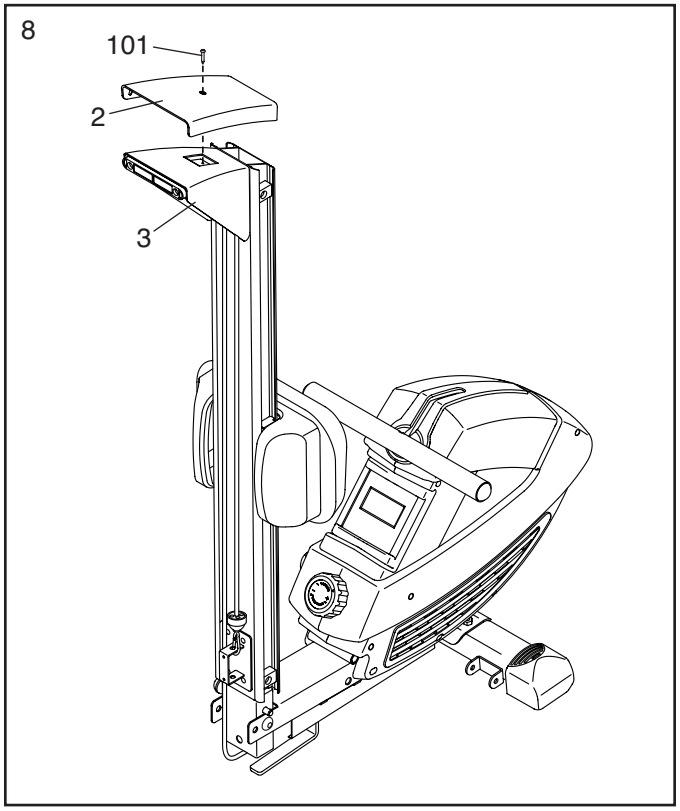


7. **See the inset drawing.** Route the end of the Bungee Cord (45) around the Small Pulley (5) on the Rear Stabilizer (3) as shown.

   Make sure that the Bungee Cord (45) is not twisted. Attach the Bungee Clip (97) to the indicated hole in the Rail Attachment Bracket (43).

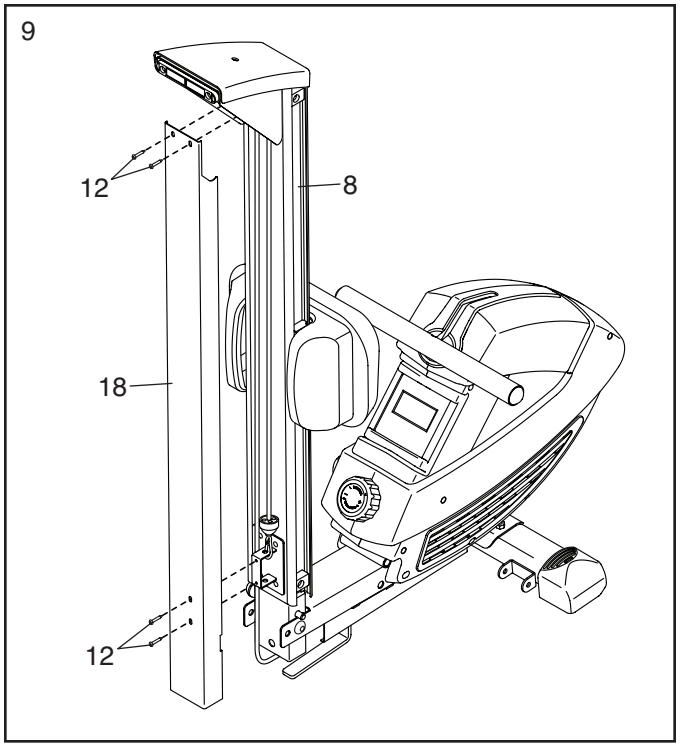


8. Attach the Rear Stabilizer Cover (2) to the Rear Stabilizer (3) with an M5 x 10mm Screw (101).



9. Orient the Rail Cover (18) as shown.

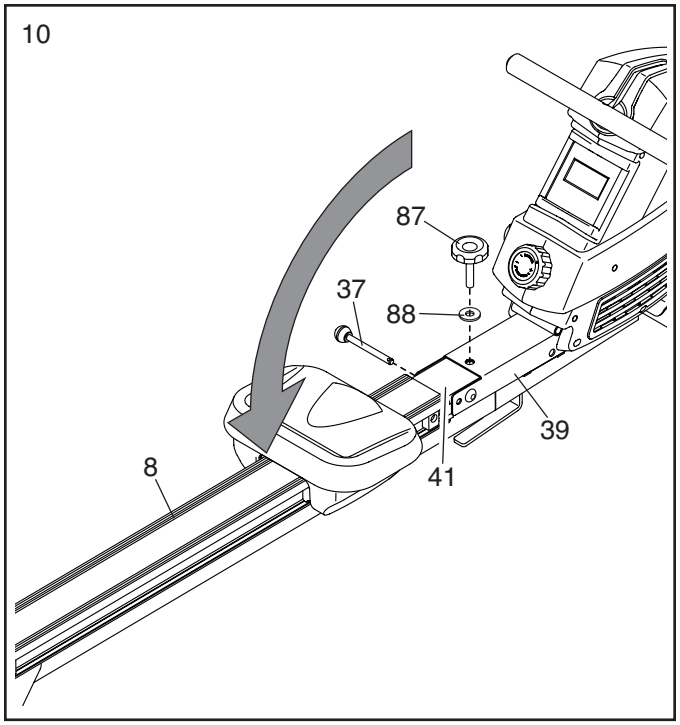
   Attach the Rail Cover (18) to the Rail (8) with four M5 x 8mm Screws (12).



10. Remove the Frame Pin (37) from the Rail Bracket (41), and lower the Rail (8) to the floor.

    Next, insert the Frame Pin (37) into the Frame (39) and into the Rail Bracket (41).

    Then, slide an M13 x 32mm Washer (88) onto the Frame Knob (87), insert the Frame Knob into the Frame (39), and tighten the Frame Knob into the Rail Bracket (41).

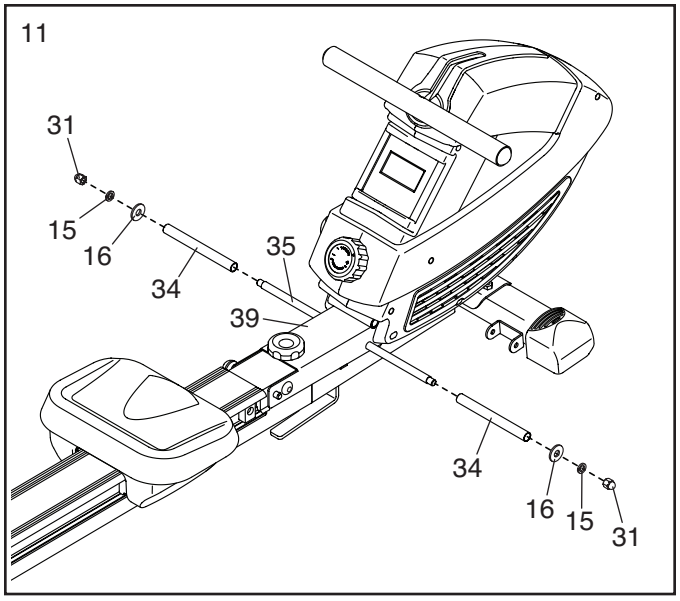


11. Identify the Stop Rod (35), which is slightly shorter than the Pedal Axle (not shown).

    Insert the Stop Rod (35) into the Frame (39) and center it.

    Next, slide a Pedal Stop (34), an M8 x 20mm Washer (16), and an M8 Split Washer (15) onto each side of the Stop Rod (35).

    Then, tighten an M8 Acorn Nut (31) onto each end of the Stop Rod (35) **at the same time.**



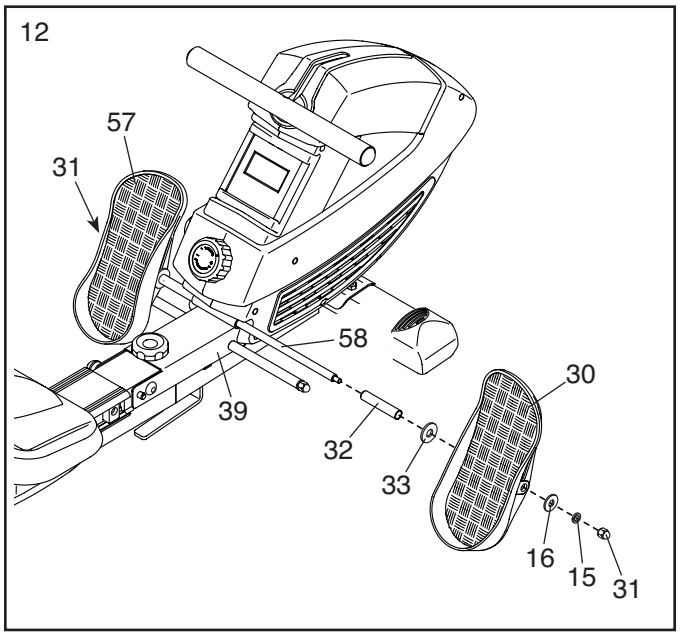
12. Insert the Pedal Axle (58) into the welded tube on the Frame (39) and center it.

    Next, slide a Pedal Spacer (32) and an M13 x 22mm Washer (33) onto each side of the Pedal Axle (58) (only one side is shown).

    Next, identify the Right Pedal (30) and the Left Pedal (57). Slide the Right Pedal onto the right side of the Pedal Axle (58), and slide the Left Pedal onto the left side of the Pedal Axle.

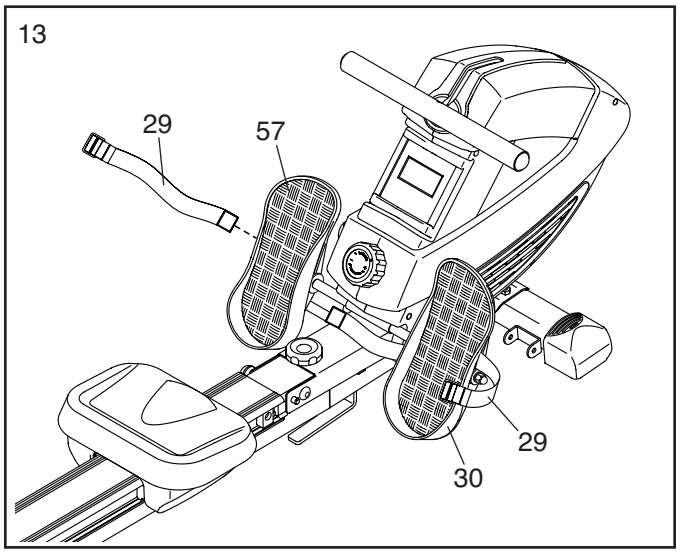
    Next, slide an M8 x 20mm Washer (16) and an M8 Split Washer (15) onto each side of the Pedal Axle (58) (only one side is shown).

    Then, tighten an M8 Acorn Nut (31) onto each end of the Pedal Axle (58) **at the same time.**



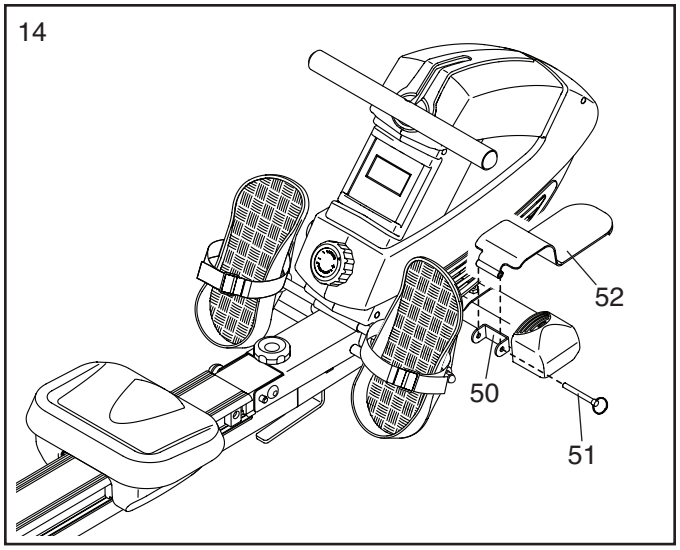
13. Insert a Pedal Strap (29) through the Right Pedal (30) as shown. Then, route the end of the Pedal Strap through the buckle on the Pedal Strap.

    Attach the other Pedal Strap (29) to the Left Pedal (57) in the same way.



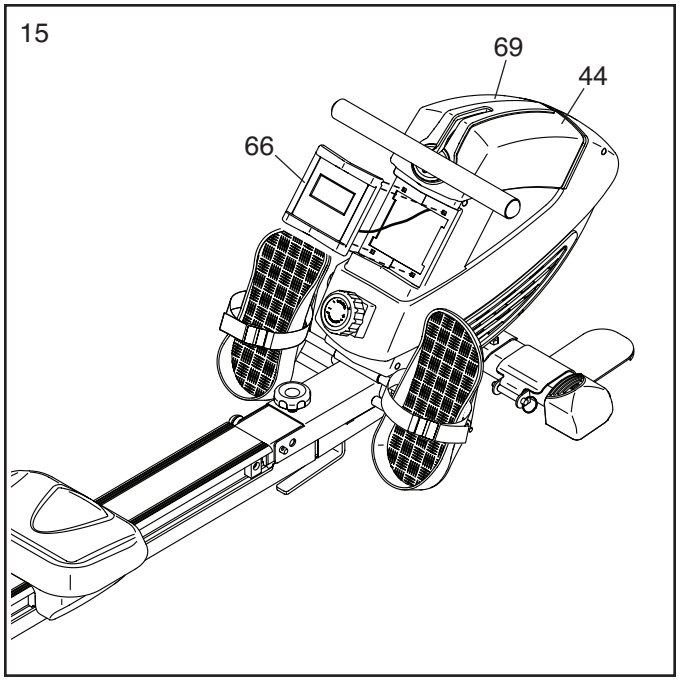
14. Attach a Foot Plate (52) to one side of the Front Stabilizer (50) with a Foot Plate Pin (51).

    Attach the other Foot Plate (not shown) to the other side of the Front Stabilizer (50) in the same way.



15. The Console (66) requires two AA batteries (not included); alkaline batteries are recommended. Do not use old and new batteries together or alkaline, standard, and rechargeable batteries together. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before you insert batteries. Otherwise, you may damage the console display or other electronic components.**

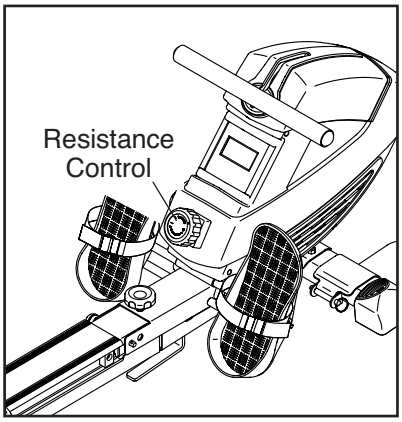
    Carefully pry the Console (66) out of the Shields (44, 69); **be careful not to pull on the wire attached to the Console.** Next, remove the screw (not shown) and the battery cover from the back of the Console. Insert batteries into the battery compartment; **make sure to orient the batteries as shown by the diagram inside the battery compartment.** Then, reattach the battery cover with the screw, and press the Console into the Shields.



16. **Make sure that all parts are properly tightened before you use the rower.** Extra parts may be included. Place a mat under the rower to protect the floor.

HOW TO USE THE ROWER

HOW TO ADJUST THE RESISTANCE



To vary the intensity of your exercise, you can adjust the resistance that you feel when you pull the row bar. To increase the resistance, turn the resistance control clockwise; to decrease the resistance, turn the resistance control counterclockwise. **IMPORTANT: To avoid damaging the resistance control, stop turning it when turning becomes difficult.**

HOW TO ROW ON THE ROWER

Sit on the seat, place your feet in the pedals, and adjust the straps to fit your feet. Hold the row bar with an overhand grip.

Correct rowing form consists of three phases:

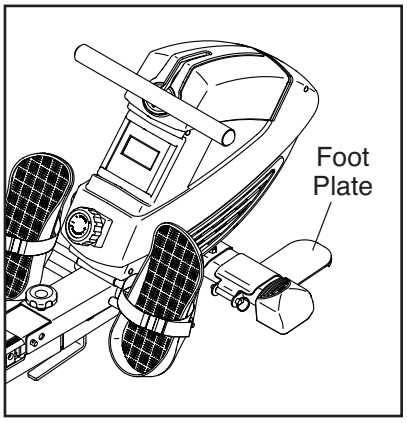
1. **The first phase is the CATCH.** Slide the seat forward until your knees are almost touching your chest. Pull the row bar until your hands are above your feet.

2. **The second phase is the DRIVE.** Push backward with your legs. Lean back slightly at the hips (not at the waist), keeping your back straight. As you straighten your legs, pull the row bar toward your chest. Keep your elbows outward.

3. **The third phase is the FINISH.** Your legs should be nearly straight. Continue to pull the row bar until your hands are even with your chest.

After the finish phase, extend your arms forward and pull the seat forward using your legs. Repeat this sequence, moving through all three phases with a smooth, fluid motion. Remember to breathe normally as you row; never hold your breath.

HOW TO DO CURL EXERCISES WITH THE ROWER

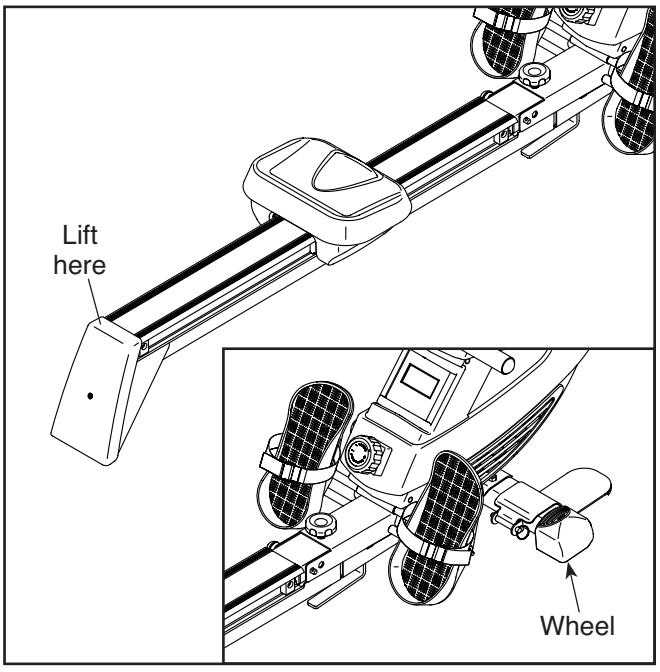


Stand on the foot plates, facing the rower. Hold the row bar with an underhand or overhand grip.

Next, raise the row bar until your hands are level with your shoulders. Keep you back straight and keep your elbows at your sides. Then, lower your hands to the starting position. Repeat the exercise as many times as desired.

HOW TO MOVE THE ROWER

Stand behind the rower and lift the rear stabilizer until the rower will roll on the wheels. Then, carefully move the rower to the desired location, and lower it to the floor.



HOW TO FOLD AND STORE THE ROWER

The rower can be stored in a folded position to conserve space. Store the rower in a location where children cannot tip it. Remove the batteries from the console when storing the rower for extended periods of time.

To store the rower, first **see assembly step 10 on page 11.** Remove the Frame Knob (87) and the M13 x 32mm Washer (88). Next, remove the Frame Pin (37). **Keep the Frame Knob and the Washer in a place where they will not become lost.**

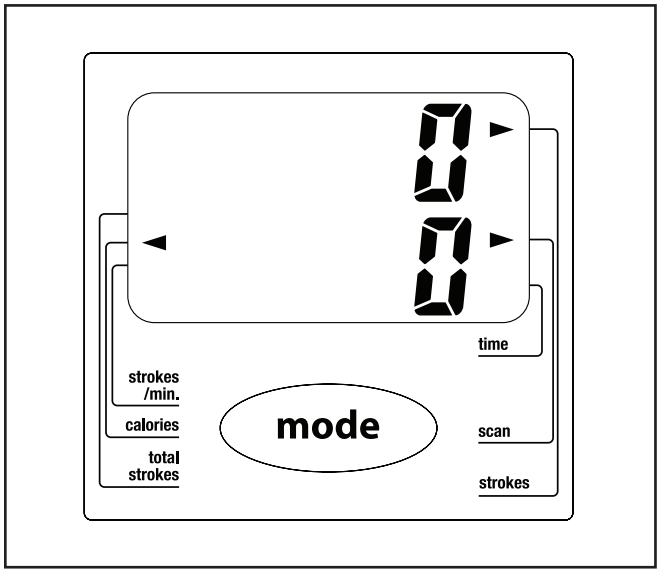
Next, **see assembly step 5 on page 9.** Raise the Rail (8) to the vertical position. Then, fully insert the Frame Pin (37) into the Rail Bracket (41) so that it holds the Rail in place.

HOW TO UNFOLD THE ROWER

To unfold the rower, **see assembly step 10 on page 11.** Remove the Frame Pin (37), and lower the Rail (8) to the floor. Next, insert the Frame Pin into the Frame (39) and into the Rail Bracket (41). Then, tighten the Frame Knob (87) and the M13 x 32mm Washer (88) into the Frame and into the Rail Bracket.

FEATURES OF THE CONSOLE

The easy-to-use console features several display modes that provide instant exercise feedback during your workouts. The display modes are described below.



Strokes/Min.—This shows the number of rowing strokes you are completing per minute.

Calories—This mode shows the approximate number of calories you have burned during your workout.

Total Strokes—This mode shows the total number of rowing strokes you have completed since the console was last reset. Note: To reset the console, remove the batteries from the console and then reinsert them.

Time—This mode shows the elapsed time.

Scan—This mode shows the time, strokes, total strokes, calories, and strokes per minute modes, for a few seconds each, in a repeating cycle.

Strokes—This mode shows the number of rowing strokes you have completed during your workout.

HOW TO USE THE CONSOLE

Make sure that batteries are installed in the console (see assembly step 15 on 13). If there is a sheet of clear plastic on the console, remove the plastic.

1. **Turn on the console.**

   To turn on the console, press the Mode button on the console or simply begin rowing.

2. **Select one of the display modes.**

   Scan mode—To select the scan mode, press the Mode button repeatedly until an arrow appears next to the Scan label.

   Strokes per minute, calories, total strokes, time, or strokes—To select one of these modes for continuous display, press the Mode button repeatedly until an arrow appears next to the label for the desired mode. Make sure that an arrow does not appear next to the Scan label.

3. **Begin rowing and follow your progress with the display.**

   As you exercise, the console will display the mode that you select.

   To reset the display to zero, press and hold the Mode button for several seconds.

4. **When you are finished exercising, the console will turn off automatically.**

   If the row bar does not move for a few seconds, the console will pause.

   The console has an auto-off feature. If the row bar does not move and the Mode button is not pressed for a few minutes, the power will turn off automatically to save the batteries.

FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

Inspect and tighten all parts of the rower regularly. Replace any worn parts immediately.

To clean the rower, use a damp cloth and a small amount of mild detergent. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

CONSOLE TROUBLESHOOTING

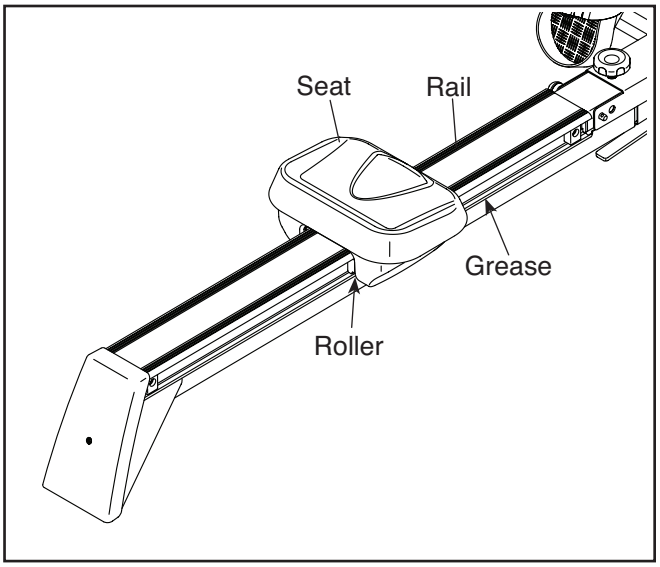
Most console problems are the result of low batteries; for replacement instructions, see assembly step 15 on page 13.

HOW TO GREASE THE PEDAL AXLE

If the pedals squeak when you use the rower, **see assembly step 12 on page 12.** Remove the Right and Left Pedals (30, 57), and apply a small amount of the included grease to both sides of the Pedal Axle (58). Then, reattach the Pedals.

HOW TO GREASE THE ROLLERS

If the rollers beneath the seat squeak when you use the rower, apply a small amount of the included grease to a paper towel, and spread a thin layer evenly along the rail where the rollers move. Then, wipe off any excess grease.



EXERCISE GUIDELINES

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

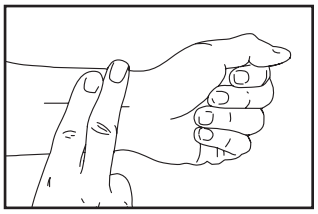
165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

HOW TO MEASURE YOUR HEART RATE



To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise; never hold your breath.

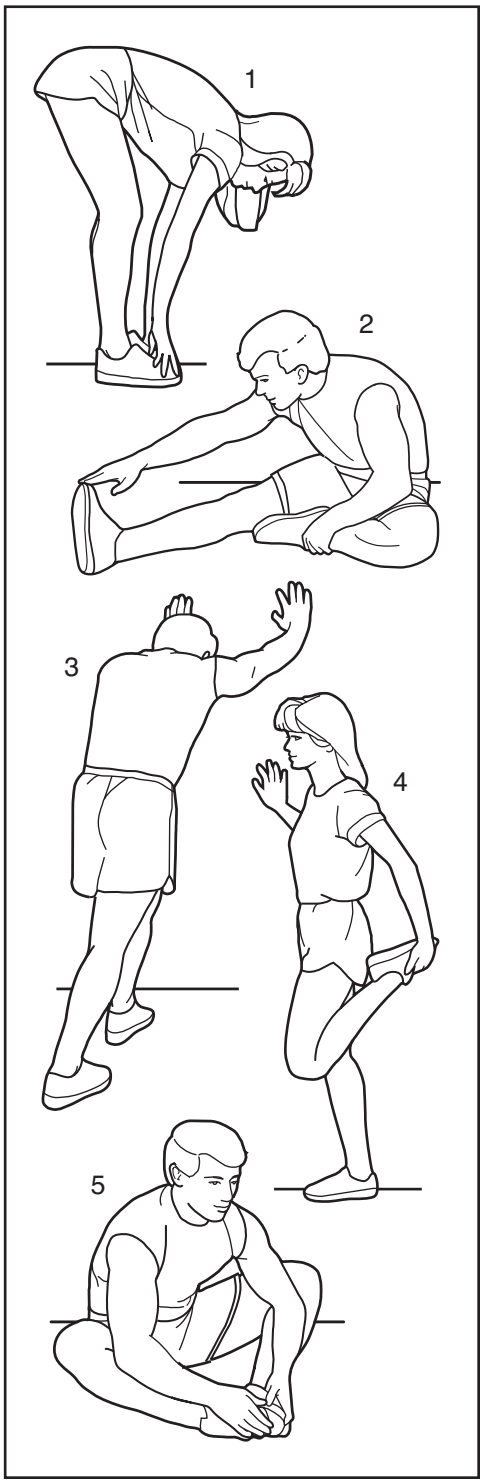
Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch; never bounce.



1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.

NOTES

PART LIST

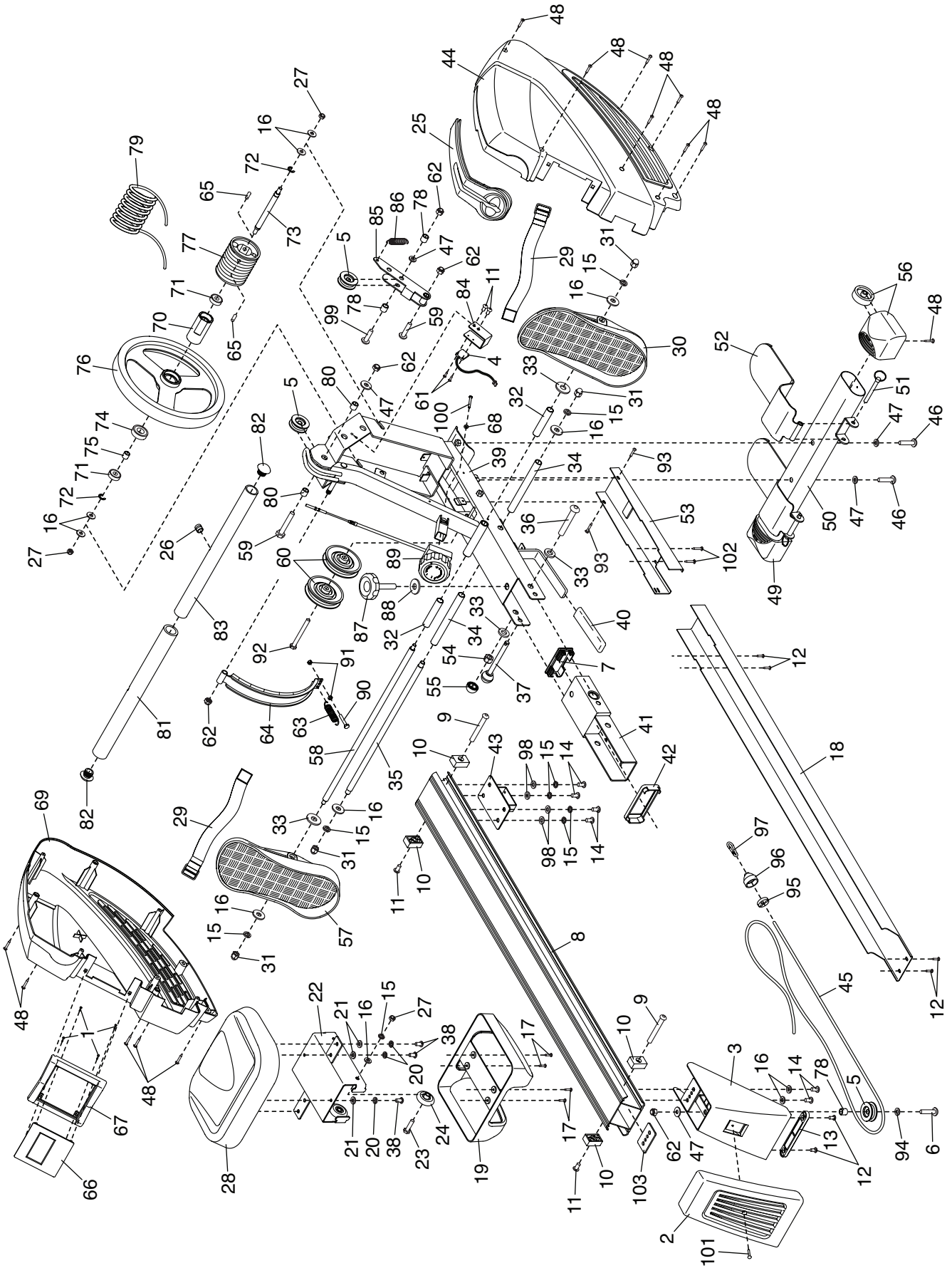
Model No. PFRW3914.0 R0114B

Key No.	Qty.	Description
1	4	M2.5 x 10mm Screw
2	1	Rear Stabilizer Cover
3	1	Rear Stabilizer
4	1	Reed Switch
5	3	Small Pulley
6	1	M10 x 30mm Screw
7	1	Rail Bracket Cap
8	1	Rail
9	2	M6 x 12mm Screw
10	4	Carriage Bumper
11	4	Frame Bushing
12	6	M5 x 8mm Screw
13	1	Rear Foot
14	6	M8 x 20mm Screw
15	12	M8 Split Washer
16	14	M8 x 20mm Washer
17	4	M4 x 12mm Screw
18	1	Rail Cover
19	1	Carriage Cover
20	6	M6 Split Washer
21	6	M6 Washer
22	1	Seat Carriage
23	4	M8 x 32mm Screw
24	4	Roller
25	1	Shield Cover
26	1	Grommet
27	6	M8 Locknut
28	1	Seat
29	2	Pedal Strap
30	1	Right Pedal
31	4	M8 Acorn Nut
32	2	Pedal Spacer
33	4	M13 x 22mm Washer
34	2	Pedal Stop
35	1	Stop Rod
36	1	1/2" x 100mm Bolt
37	1	Frame Pin
38	6	M6 x 16mm Screw
39	1	Frame
40	1	Frame Foot
41	1	Rail Bracket
42	1	Rail Cap
43	1	Rail Attachment Bracket
44	1	Right Shield
45	1	Bungee Cord
46	2	M10 x 52mm Screw
47	5	M10 x 20mm Washer
48	14	M4 x 20mm Screw
49	1	Left Stabilizer Cap
50	1	Front Stabilizer
51	2	Foot Plate Pin
52	2	Foot Plate
53	1	Frame Cover
54	1	1/2" Locknut
55	1	Nut Cap
56	1	Right Stabilizer Cap
57	1	Left Pedal
58	1	Pedal Axle
59	2	M10 x 48mm Screw
60	2	Large Pulley
61	2	M3 x 10mm Screw
62	5	M10 Locknut
63	1	Magnet Spring
64	1	C-magnet
65	2	M8 x 16mm Screw
66	1	Console
67	1	Console Bezel
68	1	M5 x 12mm Washer
69	1	Left Shield
70	1	Spool Bushing
71	2	6001 Bearing
72	2	C-clip
73	1	Flywheel Axle
74	1	6904 Bearing
75	1	Coaster Bearing
76	1	Flywheel
77	1	Spool
78	3	6mm Bushing
79	1	Cord
80	2	13.5mm Bushing
81	1	Foam Grip
82	2	Row Bar Cap
83	1	Row Bar
84	1	Reed Switch Bracket
85	1	Tension Pulley Bracket
86	1	Tension Spring
87	1	Frame Knob
88	1	M13 x 32mm Washer
89	1	Resistance Control
90	1	M5 x 35mm Screw
91	2	M5 Nut
92	1	M10 x 68mm Screw
93	2	M4 x 8mm Screw
94	1	M10 Washer
95	1	Bungee End
96	1	Bungee Cover
97	1	Bungee Clip
98	4	M8 Washer
99	1	M10 x 36mm Screw
100	1	M5 x 60mm Screw
101	1	M5 x 10mm Screw
102	2	M4 x 12mm Machine Screw
103	1	Rail Plate
*	–	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

EXPLODED DRAWING

Model No. PFRW3914.0 R0114B



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: To protect your fitness equipment with an extended service plan, see page 4.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for five (5) years from the date of purchase. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813

Part No. 357465 R0114B

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